



Bow Tie Pasta with Cherry Tomatoes, Capers, and Basil



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 4 cups cherry tomatoes halved (2 pints)
- ☐ 4 cups farfalle pasta hot cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic clove minced

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup olives pitted chopped
- ☐ 0.8 teaspoon salt

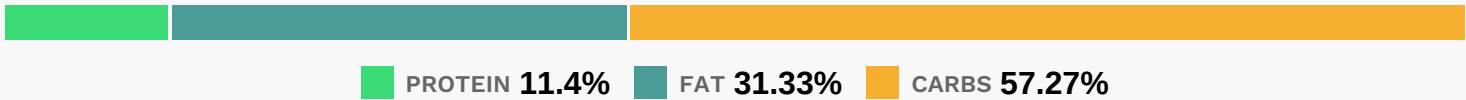
Equipment

- ☐ bowl

Directions

- ☐ Combine first 10 ingredients in a large bowl, and toss well.
- ☐ Sprinkle vinegar over each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:14.7, Inflammation Score:-7, Nutrition Score:12.280869629072%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 268.62kcal (13.43%), Fat: 9.51g (14.63%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 35.6g (12.94%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 700.46mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin C: 34.97mg (42.39%), Selenium: 28.34µg (40.49%), Manganese: 0.58mg (28.83%), Vitamin A: 948.42IU (18.97%), Vitamin K: 18.49µg (17.61%), Vitamin E: 2.38mg (15.84%), Iron: 2.64mg (14.66%), Fiber: 3.52g (14.07%), Copper: 0.26mg (12.91%), Potassium: 395.56mg (11.3%), Phosphorus: 106.76mg (10.68%), Vitamin B6: 0.2mg (9.97%), Magnesium: 36.66mg (9.17%), Folate: 29.27µg (7.32%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.8mg (5.32%), Vitamin B2: 0.07mg (3.85%), Calcium: 38.12mg (3.81%), Vitamin B5: 0.33mg (3.29%)